

# *Rainier Beach Pool*

*Fall 2003*



April Pools Day, April 12, 2003

**8825 Rainier Ave S  
Seattle, WA 98118  
206-386-1944**

[Http://www.cityofseattle.net/parks/aquatics/rainierbeachpool.htm](http://www.cityofseattle.net/parks/aquatics/rainierbeachpool.htm)



Mayor Gregory J Nickels

# RAINIER BEACH POOL



8825 Rainier Avenue South  
Seattle, WA 98118  
386-1944, TDD only 233-7061

## **PROFESSIONAL STAFF:**

Peter Brodtkin, Aquatic Center Coordinator  
Corey Myers, Assistant Aquatic Center Coordinator  
Montrel Jackson, Senior Lifeguard  
Wendy Van DeSompele, Senior Lifeguard  
Ofelia DeBernal, Pool Operator  
Tony Mosby, Cashier

## **HOURS OF OPERATION :**

Monday & Wednesday —11:30am to 8:30pm  
Tuesday & Thursday—11:30am to 8:30pm  
Friday —11:30am to 8:00pm  
Saturday —9:00am to 4:30pm  
Sunday —11:00am to 4:30pm

**Fall QUARTER PROGRAM DATES—**September 2, 2003 to  
January 6, 2004

## **POOL CLOSURE DATES:**

Labor Day, Monday, September 1, 2003  
Veterans' Day, Tuesday, November 11, 2003  
October 18 to November 2, 2003 for a Maintenance Closure  
November 3 to November 9, 2003 for a Budget Closure  
Thanksgiving, Thursday and Friday, November 27 and 28, 2003  
Christmas, Thursday, December 25, 2003  
New Years Day, January 1, 2004

## Rainier Beach Pool Prices:

### Pool Use Fees:

General Admissions (for Public and Lap Swims):

Youth, Seniors, Sp. Pops. \$2.25

Ages 19 and over \$3.25

Fitness Programs:

Adult Exercise Classes \$3.50

Senior Exercise Classes \$2.50

Drop in Weights \$2.00

Weights with Swim Admission \$1.50

Lockers \$0.25

Shower \$1.00

### Swim Tickets:

Recreation Swim Card \$20.00

(for Public, Family, and Lap Swims)

Fitness Swim Card \$30.00

(for Water Fitness and Weight Training programs)

Adult Monthly Fast Pass \$45.00

Senior Monthly Fast Pass \$35.00

### Supplies:

Goggles \$5.00, \$7.00

Latex Caps \$4.00

Silicone Caps \$6.00

Wave Webs \$14.00

## EXERCISE & FITNESS

**\$3.50 for Adults and \$2.50 for Seniors/Youth/Special Populations**

### Water Aerobics

Mon/Wed/Fri 12:30pm - 1:30pm & 7:00pm - 8:00pm  
Tu/Th 7:30pm - 8:30pm Sat 9:00 am -10:00am

Water routines designed to build strength and improve cardiovascular fitness. Students are encouraged to exercise at their own pace.

### Stretch & Flex

Mon/Wed/Fri 11:30am - 12:30pm

Exercises for people who are unable to participate in conventional exercise programs. All activities take place in shallow water. Non-swimmers are welcome.

### Deep water exercise

**Hydro-Fit** Tues & Thurs 7:30pm - 8:15pm

**Aqua-Jogging** Tues & Thurs 11:45am-12:30pm

Deep water exercise classes, which uses flotation equipment to create strength building resistance. Participants must be comfortable in deep water.

### Arthritis Foundation Water Exercise Program

Tues/Thurs 3:30pm - 4:30pm

Program designed by the Arthritis Foundation for people with movement limitations. Rainier Beach Pool has three certified instructors on Staff. A doctor's release is required. Please check with our cashier for registration forms.

### Masters Workout

Tuesday and Thursday 6:30pm-7:30pm

A fun and challenging workout lead by experienced coach. For competitive swimmers who want a group workout.

### Stroke Refinement Class

Wednesdays 7:00pm-8:00pm

Class focuses on swimming techniques and skill drills rather than yardage.

### Weights and Fitness (16 years old and older only)

**Drop in use during pool operating hours \$2.00 or \$1.50 w/swim**

A universal Centurion; Over 1000 lbs. of Free Weights; and more

### Circuit Weight Training

Mon/Wed/Fri—10:30 to 11:30am Instructor led drop-in class.

Advance purchase of Fitness Card required. All ages and abilities welcome.

# RECREATIONAL SWIMS

\$2.25 for Youth, Seniors, and Spec. Pops.

\$3.25 for Adults

(children under 1 year of age are free)

Schedule and Prices subject to change

## Public Swim

(Children shorter than 3'6" must be accompanied into the pool by an adult.)

Mon & Wed	6:00 - 7:00pm	Friday	5:30 - 7:00pm
Saturday	1:30 - 3:30pm	Sunday	2:30 - 4:30pm

## Family Swim

(All children under 18 must be accompanied into the pool by a responsible adult.) **\$1.00 each** person      Sunday      1:30 - 2:30pm

## Lap Swim

(Fast, Medium, and Easy lanes. Please keep right if there is more than two swimmers per lane.)

Tues & Thurs (3 lanes)	6:00 - 8:30pm	Friday (3 lanes)	5:30 - 8:00pm
Mon & Wed	7:00 - 8:30pm	(3 lanes from 7:00—8:00pm)	

## Lap/Senior Swim

(3 lanes for lap swimming. The Diving boards are closed during heavy use.)

Mon to Fri	11:30 - 1:30pm	Saturday	9:00 - 10:00am
Saturday	12:00 - 1:30pm	Sunday	12:00 - 1:30pm

## RENT RAINIER BEACH POOL

<b>Fri</b>	8:30pm - midnight	<b>Sat</b>	5:00pm - midnight
<b>Sun</b>	8:00am - 11:00am & 5:00pm - midnight		

For more information, call 386-1944 during our operating hours. Please allow 2 weeks advance notice for all rental requests. Prices vary depending on the size of your group. Payment required to hold rental reservations.

## General Information

Food and drinks, with the exception of water, are not allowed in the locker rooms or on the pool deck.

Please do not bring glass containers into the locker rooms or on the pool deck.

Thank you!

# SWIMMING LESSONS

**REGISTRATION INFORMATION:** It is the policy of Rainier Beach Pool to give priority to those currently in the swim lesson program if they wish to continue. Therefore, currently enrolled students will be allowed to preregister for classes. All others may register during open registration on a first-come, first-serve basis.

**A minimum of four students is required for all youth swimming classes. Programs may be combined or canceled if minimum enrollment is not met.**

Tots: 6 months to 4 years: Parents accompany their children into the water and are shown how to teach the program's skills. Children are required to wear 'swim diapers' or plastic pants with tight fitting openings.

Pre-School: 4 & 5 years (Level 1-4): Small classes create an ideal learning environment for pre-schoolers. Four levels from beginner to advanced.

Beginner Youth: 6-15 years (Level 1-4): The American Red Cross Progressive Swimming Program.

Advanced Youth: 6 to 18 years: Level 5-7 and Pre Comp.

Seniors & Adults: 16 years and older: Classes are arranged by ability. Beginners to advanced.

1 on 1: Individual Lessons with an instructor. Set up as many or as few as you would like: **\$22.00** per 1/2 hour class. 1 on 2 lessons: **\$32.00** per 1/2 hour lesson

Special Populations: Please call 386-1944 for information.

Swim seattle is a private non-profit, community based swim team, which works out at Rainier Beach Pool from 4:30 to 6:00 pm Monday through Thursday. Membership is available to swimmers ages 6 to 18 with a basic knowledge of Crawlstroke and Backstroke and can swim a length of the Pool.

For more information: **swimseattle.org** or call (206) 654-3415

**Refund Policy:** It is the policy of Seattle parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The pro-rated class fee plus a service charge of \$5.00 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

## AMERICAN RED CROSS LIFEGUARD TRAINING INSTRUCTOR CLASS

Class participants earn Instructor Certification in American Red Cross Lifeguard Training, First-Aid, and CPR for the Professional Rescuer. Prerequisites: Must be 17 years of age, successfully complete swimming and lifesaving pretest, hold current certification in Red Cross Lifeguarding, Standard First Aid, and CPR:FPR, and hold another current Red Cross Instructor certification or FIT. Pre-registration is required, call pool cashier for more information at 386-1944. Dates: November 13 to December 9, Tuesdays and Thursdays from 6:30 pm to 9:30 pm. Cost: \$90.00 plus books and pocket mask.

# RAINIER BEACH POOL

## FALL 2003 SCHEDULE

SEPTEMBER 2, 2003 TO JANUARY 6, 2004

### MON & WED

10:30 - 11:30am	Weight Training	4:00 - 6:00pm	Youth Lesson
11:30 - 1:30pm	Lap & Senior Swim	6:00 - 7:00pm	Public Swim
11:30 - 12:30pm	Stretch & Flex	7:00 - 8:30pm	Lap Swim
12:30 - 1:30pm	Water Aerobics	7:00 - 8:00pm	Water Aerobics
		7:00 - 8:00pm	Stroke Refinement (Weds only-\$3.50)

### TUES & THURS

11:30 - 1:30pm	Lap & Senior Swim	6:30 - 7:30pm	Masters Workout (\$3.50)
11:45 - 12:30pm	Aqua Jogging		
3:30 - 4:30pm	Arthritis Water Ex	7:00 - 7:30pm	Adult Lesson
4:30 - 7:00pm	Youth Lessons	7:30 - 8:30pm	Water Aerobics
6:00 - 6:30pm	Tots Lessons	7:30 - 8:15pm	Hydro-Fit
6:00 - 8:30pm	Lap Swim (3 lanes)		

### FRIDAY

10:30 - 11:30am	Weight Training	5:30 - 7:00pm	Public Swim
11:30 - 1:30pm	Lap & Senior Swim	5:30 - 8:00pm	Lap Swim (3 lanes)
11:30 - 12:30pm	Stretch & Flex	7:00 - 8:00pm	Water Aerobics
12:30 - 1:30pm	Water Aerobics		

### SATURDAY

9:00 - 10:00am	Lap & Senior Swim	12:00 - 1:30pm	Lap Swim
9:00 - 10:00am	Water Aerobics	12:30 - 1:00pm	Adult Lessons
10:00 - 12:00pm	Youth Lessons	1:30 - 3:30pm	Public Swim
12:00 - 12:30pm	Tot Lessons	3:30 - 4:30pm	Youth Lessons

### SUNDAY

11:00 - 12:30pm	Youth Lessons	1:30 - 2:30pm	Family Swim (\$1ea)
12:00 - 1:30pm	Lap & Senior Swim	2:30 - 4:30pm	Public Swim

# FALL 2003 LESSON INFORMATION

Session	Program Dates	New Reg.	Classes	Price
<b>I Mon/Wed</b>	Sept 8 to Oct 15	Sept 2 After 11:30am	12	\$48.00
<b>I Tues/Thurs</b>	Sept 9 to Oct 16	Sept 2 After 11:30am	12	\$48.00
<b>II Mon/Wed</b>	Nov 12 to Dec 17	Oct 27 After 11:30am	11	\$44.00
<b>II Tues/Thurs**</b>	Nov 13 to Dec 16	Oct 27 After 11:30am	9	\$36.00
<b>I Sat AM* ***</b>	Sept 13 to Dec 13	Sept 2 After 11:30am	9	\$36.00
<b>I Sun AM* ***</b>	Sept 14 to Dec 14	Sept 2 After 11:30am	9	\$36.00

**\*Rainier Beach Pool will be closed from October 18 to November 2 inclusive for a Maintenance Closure and from November 3 to November 9 inclusive for a Budget Closure.**

**\*\*Rainier Beach Pool will also be closed for Veterans' Day, Novmeber 11, and Thanksgiving, November 27 and 28.**

**\*\*\*There will be no classes on November 10, 29, and 30**

Class	M & W PM	Tu & Th PM	Saturday	Sunday
<b>Tots 6 mos to 4 yrs</b>	5:30-6:00pm	6:00-6:30pm	Noon-12:30pm	
<b>Preschool (P) 4 yrs &amp; 5 yrs Levels 1 to 4</b>	4:00-4:30pm 5:00-5:30pm	5:00-5:30pm 6:00-6:30pm	10:00-10:30am 11:30-Noon	11:00-11:30am
<b>Beginner Youth (Y) 6 yrs to 15yrs Levels 1 to 4</b>	4:30-5:00pm	4:30-5:00pm 5:30-6:00pm 6:30-7:00pm	10:00-10:30pm 10:30-11:00am 11:00-11:30am 3:30-4:00pm 4:00-4:30pm	11:30-Noon Noon-12:30pm
<b>Advanced Youth (A) 6yrs to 18yrs Levels 5 to 7</b>	5:30-6:00pm	5:30-6:00pm	11:00-11:30am	Noon-12:30pm
<b>Seniors/Adults 16 yrs and up</b>		7:00-7:30pm	12:30-1:00pm	